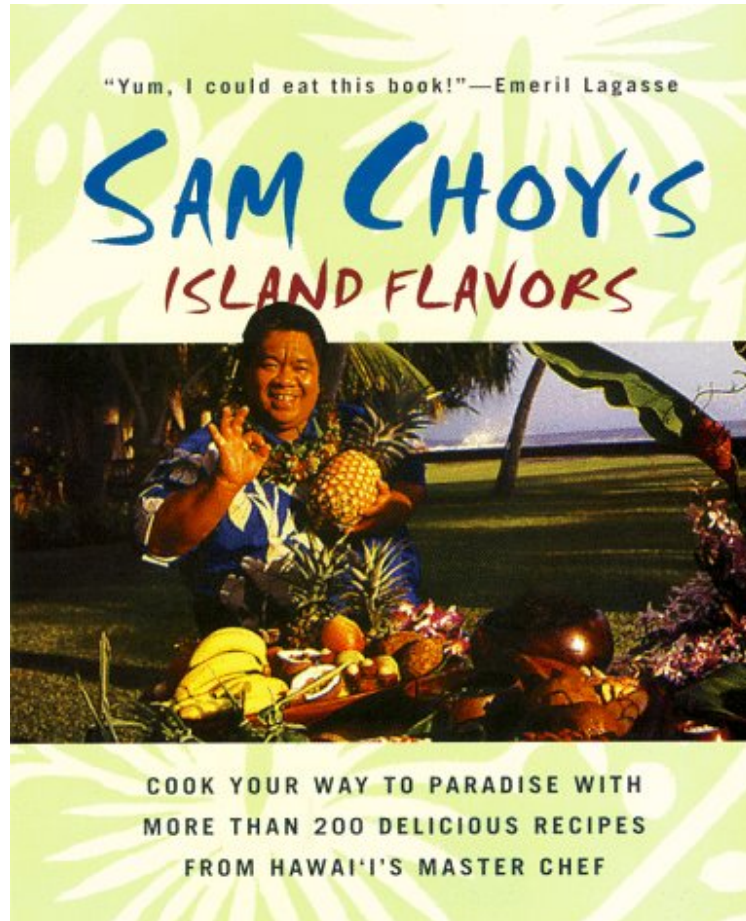


## Sam Choy's Island Flavors

Sam Choy, U`i Goldsberry, Steven Goldsberry  
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**Sam Choy, U`i Goldsberry, Steven Goldsberry : Sam Choy's Island Flavors** before purchasing it in order to gage whether or not it would be worth my time, and all praised Sam Choy's Island Flavors:

0 of 0 people found the following review helpful. Love Sam Choy's cookingBy Sara DePew-BäbyLove Sam Choy's cooking! I used to live on Maui and have tried a lot of the recipes in here.1 of 1 people found the following review helpful. Sam Choy's Ono Grinds (hardcover)By KanakaWe love this book so much that we've already bought several copies and presented them as gifts. My only complaint is that the spine has torn from the pages. We use this book A LOT, so that's part of the problem.0 of 0 people found the following review helpful. Island Flavor timeBy Marjie GVery good Hawaiian recipes, but many repeats from his other cookbooks.

This gorgeously designed cookbook celebrates Choy's diverse culinary heritage, featuring over 200 recipes with a Hawaiian flare. color photos.

.com Hawaiian chef Sam Choy is sassy and sweet. So are the flavors of his food. Choy's cooking is hapu, a hybrid of Polynesian, Japanese, Chinese, Korean, and European influences, combined in what he calls local-style cooking. In Wok-Seared Shrimp with Pepper-Papaya-Pineapple Chutney, a typical example, Choy marinates the main ingredient, then stir-fries it, and serves it with a colorful accompaniment. Fish or seafood stars in many dishes. Choy's marinades are generally a blend of garlic, ginger, soy sauce, and sugar, with varying accents of scallion, sesame oil, and hot peppers. Both the preparation of ingredients and the cooking method are quick for most dishes. The accompaniment, often a salsa or chutney, is usually a toss-together of chopped fresh fruits and vegetables that can be made ahead of time. Choy takes pride in his Hawaiian heritage. He talks about his family and local goings-on. His Catfish in Sweet and Sour Sauce supports local farming of this freshwater fish. Enticing, succulent Hibachi Pineapple Spears were invented one day at the beach to please the kids. A fish-lovers delight, this book also offers appealing chicken recipes: Quick and Easy Shoyu Chicken, made with teriyaki sauce, will please just about everyone. Sixteen color pages help you present dishes as nicely as Choy does at his restaurants. If you can chop, stir-fry, and grill, Sam Choy's Island Cooking provides a fast, fun taste trip to the tropics. Don't miss the desserts and exotic drinks, like Lava Flow and Kona MacFreeze. --Dana JacobiFrom Publishers Weekly

"Cook your way to paradise," Hawaiian chef, restaurateur and popular cooking-show host Sam Choy boldly asserts in his new cookbook on island (Hawaiian) fare. Choy's colorful, if a bit too exuberant, patter punctuates the text: about his Spicy Chicken Wingettes, "I'd like to say it's 'finger lickin' good,' but I know it's even better than that"; on making salads, "Don't be timid. Just let it rip...." His philosophy is to "build a dish" with fresh ingredients as the foundation, adding marinades, then pastas, rice or vegetables as the "walls and roof" and finally, the sauce to bind and "decorate." While chapters cover various meat and vegetable side dishes (and even tropical drinks), seafood dishes predominate, including a section called Working with Fish and Shellfish. The Ingredients Glossary offers helpful purchasing tips and suggests substitutes for hard-to-find ingredients. His 200-plus, easy-to-make recipes represent a multicultural hodgepodge of flavors (Chinese, Japanese, Korean, Thai, and European) as in Crab-and-Shrimp Stuffed Shiitake Mushrooms with Mango Bearnaise Sauce, Honomalino Lamb with Satay Sauce and Pineapple Coconut Yum Yum. Although Choy incorporates Asian ingredients and seafood into his dishes, readers shouldn't automatically expect low-calorie meals: he's just as likely to use butter, cream, sugar, coconut milk and macadamia nuts alongside flavor enhancers such as Japanese wasabi and sambal oelek (Asian chili paste). Choy's passion for food coupled with a minimum fuss/maximum flexibility approach will inspire readers to fire up their hibachis and start cooking. Copyright 1999 Reed Business Information, Inc.

From Library Journal

Hawaiian chef Choy has established a mini-empire of restaurants, with five in Hawaii, one in San Diego, and another in Tokyo. He refers to Hawaii as a "gourmet gathering place," and his cooking reflects influences from Chinese, Japanese, and other cuisines. Macadamias, tropical fruits, and coconuts are favorite ingredients, and there are, not surprisingly, dozens of fish and shellfish dishes. The recipes are in some ways an odd mix: the appetizers, salads, and fish dishes, for example, are more "restaurant-style," involving a number of components (usually not particularly difficult) and lots of seasoning and spice, while the meat and poultry dishes tend to be more old-fashioned, often homey. In addition, some recipes are intentionally low-fat, while others, especially the sauces, pour on the cream. Nevertheless, Choy has an enthusiastic style and includes many unusual and vibrantly flavored dishes here. For area (including San Diego) libraries and larger collections. Copyright 1999 Reed Business Information, Inc.